

1     What is claimed is:

2     1.    An exercise assembly structured to exercise a leg-ankle-  
3           foot portion of a user's body, said exercise assembly  
4           comprising:

5           a)   a platform dimensioned and configured to support a  
6                foot of the user thereon,

7           b)   a base interconnected in supporting relation to said  
8                platform,

9           c)   a support assembly movably interconnected to said  
10               platform in supporting relation to said base,

11           d)   said platform manually driven by force exerted thereon  
12                by the user, and

13           e)   said platform and support assembly cooperatively  
14                structured to direct the platform through a plurality  
15                of paths of movement each having a predetermined range  
16                of motion.

17     2.    An assembly as recited in claim 1 wherein said support  
18           assembly comprises a substantially semi-circular  
19           configuration having opposite free ends connected to said  
20           platform.

21     3.    An assembly as recited in claim 2 wherein said semi-  
22           circular configuration of said support member defines a  
23           diameter substantially extending transversely through an  
24           axis of rotation of the user's ankle joint.

25     4.    An assembly as recited in claim 1 wherein said plurality of

1 paths of movement comprise a plurality of axes of rotation  
2 corresponding at least to the natural axis of rotation of  
3 the ankle, lower leg and knee.

4 5. An assembly as recited in claim 1 further comprising a  
5 sensor assembly including a plurality of sensors each  
6 disposed structured to determine a path of movement of said  
7 platform relative to a predetermined axis of rotation.

8 6. An assembly as recited in claim 5 further comprising a  
9 processor responsive to data determined by said plurality  
10 of sensors, said processor structured to store said data  
11 and connected to a display facility.

12 7. An assembly as recited in claim 6 wherein said display  
13 facility and processor are operative to visually inform the  
14 user of said plurality of paths of movement on a real time  
15 basis.

16 8. An assembly as recited in claim 7 wherein a range of motion  
17 of said platform relative to each of said plurality of  
18 paths of travel may be determined and extended beyond a  
19 normal range of motion for a predetermined part of the  
20 user's body.

21 9. An assembly as recited in claim 8 wherein said platform may  
22 be directed through a plurality of paths of movement  
23 determined by said stored data, each of said plurality of  
24 paths of movement comprising a different configuration  
25 determinative of which predetermined portion of the user's

body is to be exercised.

10. An assembly as recited in claim 1 further comprising at least one weight assembly interconnected to said platform and disposed laterally outward therefrom.

11. An assembly as recited in claim 10 wherein said weight assembly includes an elongated arm extending laterally outward from said platform and at least one weight member secured to said arm substantially adjacent an outer end thereof.

12. An exercise assembly structured to exercise predetermined portions of a user's body including a leg, ankle, and foot, said exercise assembly comprising:

- a) a platform removably attached in supporting engagement with a foot of the user,
- b) a base movably interconnected in supporting relation to said platform,
- c) a support assembly connected to said base and disposed to support said platform in a substantially outwardly suspended relation to said base,
- d) a drive assembly connected to said base and interconnected in driving relation to said platform, and
- e) said drive assembly, platform and said support assembly interconnected and cooperatively structured to regulate movement of said platform through a

1 plurality of paths of movement each having a variable  
2 range of motion.

3 13. An assembly as recited in claim 12 wherein each of said  
4 plurality of paths of movement comprises a different  
5 configuration determinative of which predetermined portion  
6 of the user's body is exercised.

7 14. An assembly as recited in claim 12 wherein said drive  
8 assembly comprises a plurality of drive motors each  
9 interconnected in driving relation to said platform.

10 15. An assembly as recited in claim 14 wherein each of said  
11 drive motors is disposed and structured to move said  
12 platform relative to a different predetermined axis of  
13 rotation.

14 16. An assembly as recited in claim 15 wherein said plurality  
15 of drive motors are collectively and cooperatively  
16 structured and disposed to move said platform through a  
17 substantially universal range of motion.

18 17. An assembly as recited in claim 14 wherein said plurality  
19 of drive motors are concurrently operative and  
20 cooperatively structured to direct said platform through a  
21 substantially universal range of motion.

22 18. An assembly as recited in claim 12 further comprising a  
23 sensor assembly including at least one sensor disposed and  
24 structured to determine at least the path of movement of  
25 said platform, said sensor assembly further including a

processor responsive to data received from said sensor and including storage capabilities for storage and retrieval of the data received from said sensor.

19. An assembly as recited in claim 18 further comprising a display facility connected to said processor and structured to visually display representations of the paths of movement of said platform on a real time basis.

20. An assembly as recited in claim 19 wherein said sensor assembly comprises a plurality of sensors each disposed and structured to determine a path of movement of said platform relative to a different, predetermined axis of rotation, each of said sensors connected to said processor, said processor responsive to store and retrieve data received from said plurality of sensors.

21. An exercise assembly structured to exercise predetermined portions of a user's body including the leg, ankle, knee and foot, said exercise assembly comprising:

- a) a platform removably attached in supporting engagement with a foot of the user,
- b) a base movably interconnected in supporting relation to said platform,
- c) a support assembly interconnected to said base and disposed to support said platform in a substantially outwardly suspended relation to said base, and
- d) a sensor assembly operatively interconnected to said

platform and structured to determine the paths of movement and the range of motion of said platform.

22. An assembly as recited in claim 21 further comprising a display facility connected to said processor and structured to visually display representations of the paths of movement of said platform on a real time basis.

23. An assembly as recited in claim 22 wherein said sensor assembly comprises a plurality of sensors each disposed and structured to determine a path of movement of said platform relative to a different predetermined axis of rotation, each of said sensors connected to said processor, said processor responsive to store and retrieve data received from said plurality of sensors.